



# **Kingsport Senior Center News**

## **January 2011**

### **Volume XIX Edition 1**

**1200 East Center Street Kingsport,  
Tennessee 37660**

KINGSPORT SENIOR CENTER

presents a Fabulous Trip to

### **Charleston, South Carolina**

**April 26-April 28, 2011**

**\$375.00 Per Person Double Occupancy**

This 3 Days/2 Nights Package Includes:

Deluxe Motor Coach Transportation

2 Nights Accommodations

2 Breakfasts and 2 Dinners Including:

1 Dinner at Famous Charleston Seafood Restaurant

1 Dinner with Entertainment Aboard:

### ***The Spirit of Carolina Dinner Cruise***

Enjoy a three hour cruise and breathtaking views of Charleston Harbor, three-course gourmet meal (prepared to order), table-side service, your favorite beverage and live entertainment.



### **Guided Tour of Historic Charleston**

Experience American history at its best in "The Most Charming City". Over 300 years of American history come alive with stories of the American Revolution and The War Between the States. Step out onto the famous Battery Sea Wall and hear about Fort Sumter and the Harbor of History

### **Shopping at the Old City Market**

Steeped in history and charm, the Charleston City Market is a popular destination. Within the market you will find an incredible selection of clothing, jewelry, souvenirs, food items, art and crafts of all kinds including the Low Country's famous sweetgrass baskets.

**Standard Taxes, Baggage Handling & Meal Gratuities Included**  
**Travel Insurance Available**

# Center News

## Open Door Policy

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments, and questions from members.

## Kingsport Senior Center Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund

**The Kingsport Senior Center is located at  
1200 E. Center Street at the Renaissance Center.**

**For more information call the Center at (423) 392-8400  
<http://seniors.kingsporttn.gov>**

### Center Hours

**Monday thru Friday 8:00 am ~ 7:00 pm  
Saturday 9:00 am ~ Noon**

**\*The exercise room & computer lab will close  
15 minutes prior to the closing of the Center.**

**Senior Center Closings:  
New Year's Day, January 1, 2011  
Martin Luther King, Jr. Day, January 17, 2011**

**Membership dues  
For Fiscal year  
July 1, 2010-June 30, 2011**

\$15 ~ Kingsport Residents  
\$35 ~ Sullivan County Residents  
\$60 ~ Out-of-County Residents

Advisory Council Meeting  
Thursday, February 17, 2011  
12:30 p.m.  
Room: 230

## Kingsport Senior Center Staff

Director ~ Shirley Buchanan  
[buchanans@ci.kingsport.tn.us](mailto:buchanans@ci.kingsport.tn.us)  
392-8403

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Cindy Price  
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392-8402

Program Leader  
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392-8404

Wellness Coordinator ~ Kevin Lytle  
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392-8407

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Program Assistant ~ Jane Whitson  
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392-8406

Nutrition Site Manager ~ Sona Bingham  
246-8060

# WELLNESS

## WAY TO FLOW

**Thick blood can increase your risk of diabetes:** In a Johns Hopkins study, people with the most viscous red stuff were 68 percent more likely to develop the disease. Why? Slow-flowing blood may delay the delivery of insulin to cells, raising your blood sugar and fooling your pancreas into producing more of the hormone. Over time, your pancreas may be unable to keep up with the demand, leading to diabetes. Ask your doctor to test your hematocrit, a gauge of blood viscosity.

## PUNGENT PROTECTION

**Garlic supplements may be almost as good as prescription meds** at lowering blood pressure, according to a new Australian study. When the scientists reviewed 11 studies, they determined that people who took between 600 and 900 mg garlic powder daily reduced their systolic blood pressure by 5 points. The researchers believe that a chemical called allicin may be partially responsible for the beneficial effect. Don't want to take a pill? Drop some extra garlic in your meal. "One clove of raw garlic contains an amount of allicin similar to a supplement's," says study author Karin Ried, Ph.D.

## LOVE YOUR LIVER

Not only will gorging on sugar and starch expand your waistline, but **eating too many carbohydrates may harm your liver**, too, report Duke University researchers. That's because excess blood sugar is converted to fat in your liver, where it can accumulate and lead to nonalcoholic fatty liver disease, says study author Eric Westman, M.D. Fortunately, the scientists found that patients who adhered to low-carb diets not only lost weight but reversed their condition in 6 months. You're most at risk if you have fasting blood glucose greater than 100 milligrams (mg) per deciliter, indication that your body doesn't process carbs well.



### Billiards Tournament Winners

1st place: Jack McDavid, 2nd place: Tony Saucedo, and 3rd place: Larry Miller

## TOURNAMENTS

**Table Tennis Tournament:** We invite all table tennis players to show off your skill on **Wednesday, January 19, 2011** at 1:00 pm. Cost is \$2.00 per person and we will need 12 to sign up for tournament to be played. This tournament will be doubles play, best of three games with double elimination. Stop by the office and sign up.

### Tennessee Men's Basketball

Come join us as we travel to Knoxville on **Saturday, February 5, 2011** for the TN Men's vs Alabama. Cost is \$24.00, which includes your ticket and transportation with Todlow Coach. We will depart the Senior Center at 12:30 pm with lunch on your own at Calhoun's. We have 46 tickets available and a (2) ticket limit per person, sign up begin **Wednesday, January 5, 2011 so mark your calendar!**

### Bowling For Turkey Winners

We would like to thank all our members who competed in the tournament on Monday, November 22, 2010. 1st place: Michael Manis - 329, 2nd place: Joyce Manis - 307, and 3rd place: Charles McKenzie - 306.

### Billiards Tournament

This years Billiards Tournament on Wednesday, November 24, 2010 was a hard fought battle, and we would like to thank all our members who came out and competed. Congratulations to our winners. 1st place: Jack McDavid, 2nd place: Tony Saucedo, and 3rd place: Larry Miller.

### Pickleball Tournament

Our Pickleball Tournament held at Lynn View on Friday, December 10, 2010 was a hard fought battle, and we would like to thank all our members who came out and competed. Congratulations to our winners. 1st place: John Thomasson & Tina Morrison 2nd place: Jerry Minor & Joyce Manis, and 3rd place: Charles McKenzie & Karlene Gibson.

## FACTS OF LIFE

# 32

**PERCENTAGE BOOST IN A MAN'S ENERGY LEVEL  
AFTER HE EXERCISE 30 MINUTES, 3 DAYS A  
WEEK, FOR 6 WEEKS.**

*SOURCE: Psychotherapy and Psychosomatics*



# Daily Activities and Classes at the Center

**\* See Branch site class page for their schedule\***

## **Monday ~**

Aerobics ~ 8:30 & 9:15 ~ Gym  
Woodworking ~ 8:30 ~ Woodshop (Resumes Jan. 18th)  
Quilting ~ 9:00 ~ Room 303  
Camera Club ~ Go to [www.scphotogroup.com](http://www.scphotogroup.com)  
Happy Day Singers ~ 9:45 ~ Travel  
Clay, Beginning Throwing ~ 10:00 ~ Ceramics/Clay Room  
Strength Training ~ 10:15 ~ Gym  
Table Tennis ~ 1:00 ~ Gym  
Knitting ~ 1:00 ~ Room 303  
Volleyball ~ 4:00 ~ Gym

## **Tuesday ~**

Tai-chi ~ 8:30 ~ Room 310  
Woodworking ~ 8:30 ~ Woodshop  
Mini Cardio ~ 8:45 ~ Room 302  
Ceramics ~ 9:00 ~ Ceramics/Clay Studio  
Basket weaving ~ 9:30-11:30, 12:00-2:00  
Room 303  
Strength Training ~ 9:30 ~ Gym  
Renaissance Strings ~ 10:00 ~ Multipurpose Room  
Sing Along ~ 10:15 ~ Cafeteria  
Exercise for Everybody ~ 10:30 ~ Gym  
Dulcimer (Beginning) ~ 11:00 ~ Multipurpose Room  
Good Neighbors ~ 12:15 ~ Lounge  
Shuffleboard ~ 1:00 ~ Ceramics Hallway  
Pickleball ~ 1:00 ~ Gym  
Piano Lessons ~ 1:30 ~ Multipurpose Room  
Basketball ~ 4:00 ~ Gym  
Karaoke ~ (3rd Tuesday) 4:00 ~ Cafeteria  
Ballroom Video Class ~ 4:30pm ~ Room 302

## **Wednesday ~**

Aerobics ~ 8:30 & 9:15 ~ Gym  
Woodworking ~ 8:30 ~ Woodshop  
Clay, Intermediate & Advanced ~ 9:00 ~ Ceramics/Clay Room  
Strength Training ~ 10:15 ~ Gym  
Laughter Yoga ~ 11:00 ~ multipurpose room  
Intermediate Clogging ~ 11:15 ~ Room 302  
Hand and Foot Card Game ~ 12:30 ~ Card Room  
Table Tennis ~ 1:00 ~ Gym  
Belly Dance ~ (Women's Only) ~ 1:30 ~ Room 302

## **Thursday ~**

Piano Lessons ~ 8:00 ~ Multipurpose Room  
Woodworking ~ 8:30 ~ Woodshop  
Tai-chi ~ 8:30 ~ Room 310  
Mini Cardio ~ 8:45 ~ Room 302  
Ceramics ~ 9:00 ~ Ceramics/Clay Studio  
Woodcarving ~ 9:00 ~ Room 303  
Strength Training ~ 9:30 ~ Gym  
Beginning Clogging ~ 10:00 ~ Room 302  
Exercise for Everybody ~ 10:30 ~ Gym

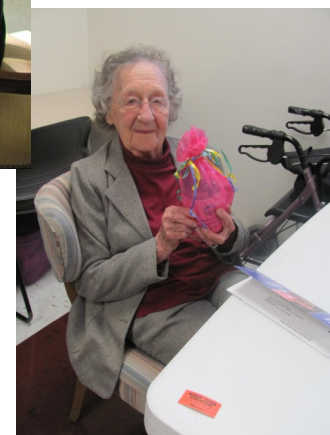
Beginning Belly Dance ~ 11:30 ~ Room 302 ( Women Only)  
Good Neighbors ~ 12:15 ~ Lounge  
Volleyball ~ 1:00~ Gym  
Pickleball ~ 4:00 ~ Gym  
Ballroom Dance ~ 5:30 ~ Cafeteria

## **Friday ~**

Aerobics ~ 8:30 & 9:15 ~ Gym  
Woodworking ~ 8:30 ~ Woodshop  
Genealogy Group ~ 9:00 ~ Computer Lab  
Improve your Bridge Game ~ 9:30 ~ Card Room  
Massage Therapy ~ 9:45 ~ Multipurpose Room  
Beginning Spanish ~ 10:00 ~ Room TBA  
Strength Training ~ 10:15 ~ Gym  
Pickleball ~ 1:00 ~ Gym  
Art Class - Painting ~ 2:00-4:00 ~ Room 303

## **Saturday ~**

Basketball ~ 9:00 ~ Gym  
Harmonica ~ 9:00 ~ Lounge  
French Class ~ 9:00am ~ Card Room  
Table Tennis ~ 10:30am ~ Gym



# Travel and Special Events

**Gospel Singing with the Hinkle Family** ~ Tuesday, January 4, 2011 ~ 10:30am in the cafeteria. Cost: FREE. No sign-up required.

**Warrior’s Path Animal Visit with Marty Silver, Ranger** ~ Tuesday, January 11, 2011 ~ 12:30 pm in the atrium. Cost: FREE. No sign-up required.

**Out-To-Lunch-Bunch ~ Beef O’Brady’s, Boones Creek** ~ Friday, January 14, 2011 ~ depart at 11:00am, return by 3:30pm. Cost: \$2.00 at sign-up, lunch is on your own. Sign-up began: December 3, 2010.

**Presentation on Solar Energy** ~ Tuesday, January 18, 2011 ~ 10:00 a.m., in the card room~ presented by: Paul Von Bramer. Cost: FREE. Sign-up began December 15, 2010. Light refreshments will be served.

**Rejuvenate in January** ~ Tuesday, January 25, 2011 ~ 11:30am to 6:30pm in first floor atrium. Manicures: 1 hr., \$2.00 paid to manicurist, Massages: 10 min., \$5.00. Reflexology: 20 min., \$10.00. Can choose one or all 3 services. Sign-up begins January 5, 2011.

**Information Seminar on Kingsport Alliance for Continued Learning** ~ Tuesday, February 1, 2011 ~ 12:15pm. Cost: FREE. Light refreshments will be served. **No sign up required.**

**“Passing on your History” with Author Lisa Hall** ~ Thursday, February 3, 2011 ~ 12:15 pm. Cost: FREE. Light Refreshments will be served. This program includes oral history and scrapbooking. Sign-ups begin: January 7, 2011.

**Bays Mountain Park Presentation, presented by Rob Cole** ~ Tuesday, February 8, 2011 ~ 12:15p.m. in the card room. Cost: FREE. Light refreshments will be served. No sign-up required.

**AARP Safe Driving** ~ Wednesday, February 23, 2011 & Friday, February 25, 2011 ~ 9:00 a.m. to 1:00 p.m. in room 230. Instructor: Jim Snodgrass. Cost: \$12 AARp members/\$14 non-AARP members. Sign up begins January 18, 2011.

**Out-to-Lunch-Bunch~ Macado’s, Bristol, TN.** ~ Friday, February 11, 2011 ~ depart at 10:30 a.m., return by 3:00 p.m. Cost: \$2.00 at sign-up, plus lunch on your own. Sign-up begins January 7th.

**Wohlfahrt Haus, Wytheville, VA.— “Smoke on the Mountain”** Thursday, March 3, 2011 ~ depart at 9:45 a.m., return by 6:00 p.m. Cost: \$41.00 (transportation/ticket). Sign-up begins: January 23rd.

# NEWS TO USE

## A TASTY TREAT FROM MARSHA

### CHOCOLATE TRIFLE

1 (19.8 OUNCE) PACKAGE BROWNIE MIX  
1 (3.9 OUNCE) PACKAGE INSTANT CHOCOLATE PUDDING MIX  
1/2 CUP WATER  
1 (14 OUNCE) CAN SWEETENED CONDENSED MILK  
1 (8 OUNCE) CONTAINER FROZEN WHIPPED TOPPING, THAWED  
1 (12 OUNCE) CONTAINER FROZEN WHIPPED TOPPING, THAWED  
1 (1.5 OUNCE) BAR CHOCOLATE CANDY  
Prepare brownie mix according to package directions and cool completely. Cut into 1 inch squares.  
In a large bowl, combine pudding mix, water and sweetened condensed milk. Mix until smooth, then fold in 8 ounces whipped topping until no streaks remain.  
In a trifle bowl or glass serving dish, place half of the brownies, half of the pudding mixture and half of the 12 ounce container of whipped topping. Repeat layers. Shave chocolate onto top layer for garnish. Refrigerate 8 hours before serving.



## Widowed Person’s Support Group

Thursday, January 20, 2011

Time: 5:00 p.m.

Multipurpose Room

Topic of discussion: “New Beginnings for a New Year— Come in Out of the Cold”



# Your Page

## **From the Dancing Corner**

Happy New Year and welcome back to a great year of good dancing!

On January 14th, the dance organizers will present The Classic Hit Men to open the year. This band plays classic hits with a flair of their own. It is a four person band with Jay Dixon and Ray Price on guitar, John Snodgrass on bass and Darris Turner on drums. All four of the players grew up in families of musicians.

The band features Jay Dixon as lead singer and guitarist. Soft-spoken Jay played in rock and roll bands as a teen and entertained troops in Korea, Vietnam and Germany. He really knows music and is very active in organizing music festivals. He is also a BMI song writer. In 1996, he wrote "America's National Guard" which was adopted by the Chief, National Guard Bureau and the State Adjutant's General.

Ray Price plays electric guitar and has a long history with rock and roll bands. John Snodgrass is a multi-instrumentalist who plays bass, guitar and keyboard. Darris "Pop" Turner, the drummer, has played with several recording artists and has been on tour in the United States.

This is going to be an enjoyable event for all who attend, so come join us for an evening of dancing, tapping your feet and just being with your friends, while enjoying the soothing music that will thaw the January cold.

The cost is \$5.00 per person.  
Please bring a dessert or snack to share.

### **January Dance with Live Music from The Classic Hit Men Band**

**Friday, January 14, 2011, 7:00PM - 10:00PM**

**Rascal's Teen Center**

**125 Cumberland Street, Kingsport, TN**

**Cost: \$5.00 per person. Please bring a dessert or snack to share.**

## **Essential Oils**

Cost: \$5.00, Paid to instructor

Thursday, January 27, 2011

10:00 AM to 11:30 AM

Jamie Hyatt RN, FSN

Becky Wall, CRP,LSH

Please sign-up in the office

## **1 Hour Manicures**

Provided by DB

Cosmetology

students

Cost: \$2.00, paid to

manicurist

January 11th Time: 11:30

last appointment at 1:30pm

Please sign-up in the office

## **Just for Singles Fun Dinner**

Thursday, January 13, 2011

Time: 6:00 PM

Where: 1st Floor Atrium

Sign-ups recommended, walk-ins welcome!

## **Coat and Blanket Drive**

December- January

Coats and blankets will go to needy charities in the Kingsport Area

Drop off items at Senior Center Office

## **Library Book Day**

Thursday, January 20, 2011

Time: 9-11 a.m.

Table in front of the senior center office

\*There are several overdue books, please check to see if you have a library book and return it as soon as possible\*

**THANKS**

## **\*\*Volunteers Needed\*\***

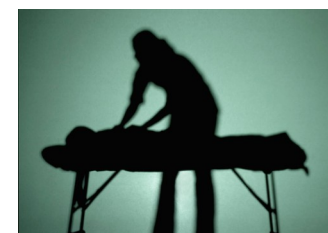
**The Kingsport Senior Center is beginning a Fire Prevention and Fall Prevention initiative with the Kingsport Fire Department. We are looking for a few Volunteers who are willing to be trained to give the presentation to home — bound seniors. The requirement will be to give 5 presentations over the next 12 months.**

**Presentations take approximately 30 minutes. If you are interested please contact Cindy Price for more information at 392-8402**

## **Massage Therapy Appointments**

Fridays with Debra Defrieze, 30 minute massage, \$15.00, call (423)791-4693

Schedule appointments by calling and pay massage therapist



# KINGSPORT SENIOR CENTER

## SPRING 2011

### Session I

### Class Schedule

Classes begin the week of January 10th  
Classes end the week of April 4th  
(Unless otherwise specified)

## **Spring Computer Classes**

**Four - Six Week Courses ~ \$25**

**Two Day Seminars ~ \$15**

**One Day Seminars ~ \$10**

**Must sign up in advance of first class.**

***Payment is due the first day of class.***

**All classes other than basic require student to have basic computer skills, and have proficient skills in using a mouse, in order to take the class.**

***Individual help is available for persons with disabilities, in order to learn how to adapt settings on home computers. For more information or to schedule an appointment, call Mary at 392-8433.***

***We are creating a list of interest for e-mail and Excel computer classes, if interested and to be put on the list, please call 392-8400.***

### **Basic Computer**

6 Sessions: January 6, 13, 20, 27, February 3, 10  
Thursdays 9AM - 11:30AM

Cost: \$25.00

### **Internet Class**

4 Sessions: January 11, 18, 25, and February 1

Cost: \$25

### **Internet Class**

4 Sessions: February 17, 24, March 3, 10

1:00PM - 3:30PM

Cost: \$25.00

### **EBay Class**

Tuesday, February 8, 2011

1:00PM - 3:30PM

Cost: \$5.00

### **Microsoft Word**

6 Sessions - March 8, 15, 22, 29, April 5, 12

Tuesdays 1:00PM - 3:30PM

Cost: \$25.00 for class

### **Generations Online Internet Class**

Monday, Wednesdays and Fridays

1:00 PM - 5:00 PM

This is an opportunity to learn how to use the internet. You will learn the basics of the internet, the lingo, how to use a mouse, send an email, and how to use a search engine. This is a free class. Sessions are taught by a tutorial on the computer. A "peer coach" will be there to assist you. Contact the peer tutor in the computer room to make sure there is a computer available for you.



# Spring 2011 Classes Continued

## **Aerobics**

- Monday, Wednesday & Friday (ongoing)
- Time: 8:30am - 9:15am
- Location: Gym
- Instructor: Earl Selfe
- Low Impact Aerobics

## **Aerobics**

- Monday, Wednesday, Friday (ongoing)
- Time: 9:15am - 10:00am
- Location: Gym
- Instructor: Terri Farthing
- Lo-hi Impact Aerobics

## **Art Class - Painting**

- Friday
- Time: 2:00pm - 4:00pm
- Location: Room 303
- Instructor: Ann Thwaites
- All types of media; painting and drawing

## **Ballroom Dance**

- Thursday
- Time: 5:00pm - 6:30pm
- Location: Cafeteria
- Instructors: Walt & Margaret Baumgardner
- Learn to waltz, Polka and cut a rug

## **Ballroom Video Class**

- Tuesdays (begins January 6th)
- Time: 4:30pm - 6:30pm
- Room 302
- No instructor, practice to own music

## **Basketweaving**

- Tuesday
- Time: 9:30am - 11:30 am & 12:00pm - 2:00pm
- Location: Room 303
- Instructor: Lynne Bowers
- Make beautiful baskets

## **Belly Dance for Beginners (Women Only)**

- Thursdays
  - Time: 11:30am
  - Location: Room 302
  - Instructor: Angela Price
- Must have 8 for class to begin.  
Please sign up at office.

## **Belly Dancing - (Women Only)**

- Wednesday
- Time: 1:30pm - 2:30pm
- Location: Room 302
- Instructor: Angela Price
- Great for your abdominals

## **Camera Club**

Please visit website for meeting times

- Instructor: Claude Kelly
- Website: [WWW.scphotogroup.com](http://WWW.scphotogroup.com)

## **Ceramics**

- Tuesdays and Thursdays
- Time: 9:00am - 11:30am
- Location: Ceramic/Clay Studio
- Instructor: Mary Lamson
- **Please remember your annual \$10 firing fee**

## **Clay ~ Beginning Throwing**

- Mondays
- Time: 10:00am - 2:00pm
- Location: Ceramic/Clay Studio
- Instructor: Aleta Chandler
- 12 weeks: \$30, pay in office
- Limited to 8 participants

## **Clay ~ (Intermediate and Advanced)**

- Wednesday (9:00am - 2:00pm)
  - Location: Ceramics/Clay Studio
  - Instructor: Aleta Chandler
  - 12 weeks; \$30; pay in office (\$15 if taking both classes)
  - Hand building
- \* Please remember your annual \$10 firing fee**

## **Clogging - (Beginning)**

- Thursday
- Time: 10:00am
- Location: Room 302
- Instructor: Angela Price
- Must have 8 new beginners
- Sign up in office

## **Clogging - (Intermediate)**

- Wednesday
- Time: 11:15am
- Location: Room 302
- Instructor: Angela Price

## **Dulcimer (Beginners)**

- Tuesdays
- Time: 11:00am
- Location: Multipurpose Room
- Instructor: Peggy Ferrell
- Learn to play this beautiful instrument

## **Exercise for Everybody**

- Tuesdays & Thursdays (ongoing)
- Time: 10:30am
- Location: Gym
- Instructor: Kevin Lytle
- A sit-down aerobics class for everybody



# Spring 2011 Classes Continued

## French Classes - Begins Saturday, January 8th

- Saturdays
- Time: 9:00am
- Location: Card Room
- Cost: \$30, please pay instructor, Fay Saffari

## Good Neighbors

- Tuesdays and Thursdays
- Time: 12:15pm
- Location: Lounge
- Staff
- Guest speakers, trips, bingo and fellowship

## Happy Day Singers

- Mondays
- Time: 9:45am
- (3rd) Friday
- Time: 10:15am
- Inspirational singing at nursing homes

## How to Improve your Bridge game

- Fridays ~ begins January 6th
- Time: 9:30am - 11:30am
- Location: Card room
- Instructor: Martha Hoyle
- Cost: Free (Please sign up in office. Not for beginners.)

## Jam Session

- Thursdays ~ begins January 6th
- Time: 12:00 noon
- Location: Cafeteria

## Karaoke

- 3rd Tuesday
- Time: 4:00 pm
- Location: Cafeteria
- Bring snack to share

## Knitting Class

- Monday
- Time: 1:00 - 3:00pm
- Location: Room 303
- Instructor: Barbara White
- All skill levels

## Laughter Yoga

- Wednesdays
- Time: 11:00am—12:00pm
- Location: Multipurpose Room
- Instructor: Sharmi Mehta

## Mini Cardio Exercise Class

- Tuesdays, Thursdays, 8:45am - 9:15am
- Room: 302
- Instructor: Roger Hixson

## Piano Lessons

- Thursdays
- 8:00am - 11:00am
- \$15 (30 minute lessons)
- pay instructor
- Location: Multipurpose Room. Instructor: Freda Karsnak
- Additional day: Tuesdays 1:30 - 3:30pm , Appt. 423-292-2711

## Quilting

- Monday
- Time: 9:00am - 10:30am
- Location: Room 303
- Instructor: Shelia Davis
- Beginning level class will help you master the art of quilting

## Renaissance Strings

- Tuesdays
- Time: 10:00am - 11:00am
- Location: Multipurpose Room
- Instructors: Lucille Hinke and Jan Fenelon

## Spanish (Beginning)

- Fridays
- Time: 10:00am
- Location: Room 303
- Cost: \$30 plus \$18 for book, pay instructor
- Minimum of 8 for class, sign up in office
- Instructor: Holanda Holtzclaw

## Strength Training

- Monday, Wednesday & Friday (Ongoing)
- Time: 10:15am - 11:00am
- Location: Gym
- Instructor: Terri Farthing
- Strength workout for the whole body

## Tai-Chi

- Tuesdays & Thursdays
- Time: 8:30am
- Location: Senior center, Room 310
- Instructor: Hang Lei

## Woodcarving

- Thursdays
- Time: 9:00am - 12:00 noon
- Location: Room 303
- Learn the art of woodcarving
- Beginners welcome

## Woodworking

- Monday - Friday
- Time: 8:30am - 3:30pm
- Location: Woodshop
- Instructor: B.L. Wilder
- Complete woodshop. Safety test required.

# Spring 2011 Branch Site Class Schedule

## Chinese Yoga

- Mondays
- Time: 8:30am
- Location: Lynn View Community Center
- Cost: \$5 per class, payable to instructor on the first of each month Tai-Chi based low-impact exercises. Slows stress, increases flexibility and strength.

## Core Conditioning

- Tuesdays & Thursdays
- Time: 9:30am - 10:30am
- Location: Boys/Girls Club
- Instructor: Chris Hicks
- Great for all ages. Gain core strength.

## Lap Swimming

- M-F
- Time: 12:30 - 1:00pm
- Location: Dobyns Bennett pool
- No instructor, lap swimming

## Line Dance - Beginning

- Monday
- Time: 11:30am - 12:30pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell
- MUST WEAR SOFT-SOLED SHOES

## Line Dance - Intermediate

- Mondays
- Time: 12:45pm - 1:45pm
- Location: Boys/Girls Club Instructor: Lyna Faye McConnell
- Faster-paced, less instruction for advanced dancers.
- MUST WEAR SOFT-SOLED SHOES.

## Advanced Yoga

- Tuesdays & Thursdays
- Time: 11:00am - 11:30am
- Location: First Broad Street UMC, Rec. Room
- Instructor: Tish Kashdan

## Private Personal training with Chris

- Call for appointment ~ 723-9967
- Call for prices
- Instructor: Chris Hicks

## Private Personal training with Tony

- Call for appointment ~ 423-9630653
- Call for Prices
- Instructor: Tony Mays

## Step Aerobics

- Tuesdays & Thursdays
- Time: 8:30am - 9:30am
- Location: Boys/Girls Club Gymnasium
- Instructor: Chris Hicks
- A 50 – 60 minute workout for all ages and abilities.

## Strength Yoga (An alternative style)

- Tuesdays & Thursdays
- Time: 8:30 - 9:30
- Location: First Broad Street UMC
- Instructor: Tony Mays

## Tai-Chi (Beginning Level)

- Tuesdays & Thursdays
- Time: 9:45am - 10:45am
- Location: First Broad Street UMC
- Cost: \$15, pay before first class. Lasts 12 weeks.
- Instructor: Hang Lei
- Ancient Chinese deep breathing exercise
- \*Must be a Senior Center member\*

## Yoga

- Tuesdays & Thursdays
- Time: 11:30 - 12:30
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

## Zumba Fitness

- Wednesdays
- Time: 10:30
- Location: Lynn View Community Center
- Instructor: Tony Mays
- Minimum of 8 students required

## Water Aerobics

- Tuesdays & Thursdays
- Time: 7:00 AM
- Location: Dobyns Bennett Pool
- Cost: \$2 per session
- Instructor: Tony Mays

**\*You must be a member of the Kingsport Senior Center to participate in classes at any of the branch locations.**



**Exercise room at Lynn View**



**Consignment art gallery/gift shop at Lynn View**

# Kingsport

## Adult Education

### Spring 2011

Classes begin the week of January 10, 2011 unless otherwise noted.

Kingsport Adult education classes are administered by The Kingsport Senior Center.

For more information or to sign up for a class, please Call 423-392-8400

All classes are subject to cancellation if enrollment does not meet minimum numbers. Minimum number varies by class. Fees will be returned on 1st night of class if cancelled.

### JOB SKILLS

#### Beginning Computer Literacy

- 6 Weeks
- \$70 fee
- Mondays 6:00pm - 8:00pm
- Instructor: Marie Klinchloe
- Tuesdays 6:00 - 8:00pm Begins 3/3/11
- Location: Computer Lab, Lynn View CC

#### 2008 National Electric Code (Commercial)

- 8 Weeks
- \$70 fee
- Mondays 6:00 - 8:00pm
- Instructor: Chris Ferrell, Electrical Inspector
- Begins 01/17/11

#### One Day Computer Workshops

- Internet Job Searches 3/10/11
- Social Media (Facebook) 3/17/11
- Online Health Information 3/24/11
- Digital Scrapbooking 3/31/11
- \$5 fee each session, begins at 5:30pm
- Instructor: Janelle Galbreath

#### Beginning Heating Ventilation and Air Conditioning Certification Preparation

- 10 Weeks
- \$165
- Tuesdays 6:00pm - 9:00pm
- Instructor: Jim Dotson
- Location: Multipurpose Room, Renaissance Center
- There will be 2 more 10 week sessions following this class. Upon completion of all three sessions you will be prepared to take your certification test.

### CULTURAL/ARTS/CRAFTS

#### Card Making Workshop

- Thursday, January 27, 2011
- 5:30pm
- Instructor: Vicki Patton
- Fee: \$10/includes materials
- Location: Lynn View Community Center

### Introduction to Woodworking

- 5 Weeks
- \$50 fee, \$25 Senior Center members
- Instructor: B.L. Wilder
- Mondays 5:30pm - 7:30pm Begins 3/14/11
- Location: Woodshop Renaissance Center

#### Building Birdhouses (your choice of Bluebird or Martin)

- Must take Introduction to Woodworking first or have permission from instructor
- 5 weeks
- \$50 fee, \$25 Senior Center members
- Mondays 5:30 - 7:30pm, Begins 4/4/11
- Instructor BL Wilder
- Location: Woodshop Renaissance Center

### Chinese

- 11 weeks Fridays
- \$55 student, \$75 student w/parent
- Class 1: Children ages 4-8 , 4:00pm - 5:00pm Instructor: Hang Lei
- Class 2 8 and up, 4:15 - 5:15pm , Instructor: Jean Chang
- Location: Renaissance Center, Room TBA
- This class will help both Chinese and non-Chinese descent people foster a deeper understanding of the Chinese culture.

### French- Begins Saturday, January 8th

- Saturdays
- Time: 9:00am
- Location: Card Room
- Cost: \$30, please pay instructor, Fay Saffari

### HEALTH/EXERCISE

#### Personal Training with Chris or Tony

- Instructor: Chris Hicks /Tony Mays
- Available by the hour or as package
- Contact Chris (423-741-5643) or Tony (423-963-0653)

### Zumba Fitness

#### 6 weeks

- Session I -1/13/11
- Session II- 3/3/11
- \$25 fee per session
- Instructor: Becky Lifford
- Location: Lynn View Community Center, Cafeteria

### Strength Training

6 weeks Begins, January 18th  
\$25

Instructor: Chris Hicks

Class 1 - Monday & Wednesday, 4:30

Class 2 - Tuesday & Thursday, 5:30

Location: Lynn View Community Center

### DANCE CLASSES

#### Beginning Line Dance

- 8 weeks
- Session I -1/13/11
- Session II - 2/17/11
- \$25 fee
- Instructor: Lyna Faye McConnell
- Thursdays, 6:30pm - 7:30pm
- Location: Lynn Garden Community Center

#### Trail Dance

- 8 week class
- Dates same as Line Dance
- \$25 fee or free if you take Line Dance class
- Instructor: Lyna Faye McConnell
- Thursdays, 7:30pm - 8:30pm
- Location: Lynn Garden Community Center

#### Hula Dance

- 6 week class
- Begin February 8
- \$25
- Tuesdays, 5:30 PM
- Instructor: Tilini Miller
- Location: Renaissance Center

### REGISTRATION FORM

#### *Please Print!*

Name \_\_\_\_\_

Address \_\_\_\_\_

Home Phone \_\_\_\_\_

Employer \_\_\_\_\_

Work Phone \_\_\_\_\_

Course Name \_\_\_\_\_

Day(s) \_\_\_\_\_

*Mail payment with this form. Make checks payable to "City of Kingsport".*

*Complete a separate form for each course!*

For statistical Purposes only

sex: Male Female

Date of Birth: \_\_\_\_\_

For Office Use Only:

Amount Paid \$ \_\_\_\_\_ Receipt # \_\_\_\_\_

Check or M. O. Number \_\_\_\_\_

Date \_\_\_\_\_



## **Remembering When: Fall and Fire Prevention Seminar with Lunch**

The Kingsport Fire Department in conjunction with  
The Kingsport Senior Center will be conducting two  
seminars on fall and fire prevention. A free lunch will be provided for  
those who sign up before the deadline. Come out and find out if you  
are doing all you can to prevent  
injuries from falls and house fires.

### **Program Dates:**

Tuesday, January 4, 2011 ~ 11:30am ~ Kingsport Senior Center  
And

Thursday, January 6, 2011 ~ 11:30am ~ Lynn View  
Community Center Branch Site Cafeteria

**Deadline to sign-up: December 28, 2010 by 5:00pm**

**Kingsport Senior Center  
1200 E. Center Street  
Kingsport, TN. 37660  
Phone: 423-392-8400**

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